



SOUTHERN ILLINOIS CRIMINAL JUSTICE TRAINING PROGRAM

Mobile Team Unit 15

Training Announcement

Name of Training		Class ID#	Course ID#
The Human Factor: Surviving & Thriving in Law Enforcement		89526	67303
Date(s) of Training	Time	Hours	Location
May 3, 2018	8:30 am - 4:30 pm	8	MTU 15 Satellite Facility 320 East North Avenue Noble, IL

Course Description

Situations of high stress in which the 'fight-or-flight response' is initiated can impact an officer's perceptions, misperceptions, and decision-making abilities. Using research-based, scientifically validated information coupled with case studies of contemporary real-world threats, critical incidents, and experiences, we explore the specific effects of the body's fight-or-flight response, the effects of that response on our ability to perform, and how the limitations of human observation and perception can negatively impact our readiness and response.

Who Should Attend:

Line officers, trainers, supervisors, public information officers, and administrators. This material is critical for supervisors and administrators as it helps shape realistic expectations about officer performance in high-risk and high-liability situations, as well as training requirements for improving performance during high-risk events.

Course Objectives

- ✓ Law enforcement performance expectations: fact vs. fiction
- ✓ Development of a personal culture of officer safety and maximizing learning potential
- ✓ Threat assessment; contemporary dangers to LEOs
- ✓ Stress physiology
- ✓ The brain and its role in survival performance
- ✓ The autonomic nervous system; its branches and functions
- ✓ Recall and memory considerations in critical incidents
- ✓ Observation and perception and human limitations; improving awareness
- ✓ Reaction time; action vs. reaction
- ✓ How to prime the central nervous system for performance
- ✓ Mindset and prevailing in survival-stress situations

Instructor

John Bennett is an accomplished 28-year veteran police officer and patrol lieutenant from Charleston, Illinois; and the president of John Bennett Training & Consulting, Inc. A member of the International Law Enforcement Educators and Trainers Association and consultant with The Virtus Group, John has trained officers both in and outside his agency for more than 25 years; both nationally and abroad. John continues to teach and learn in the field with the primary emphasis on use of force, officer-safety, risk management, leadership, and a philosophy of proactive police service, individual readiness and professionalism.

Training Mandates met by this training indicated by ✓

Civil Rights		Constitutional and proper use of law enforcement authority
Cultural Competency	✓	Procedural Justice
Introductory Mental Health Awareness		Legal Updates
Human Rights		Use of Force <i>(must include scenario based or similar approved training)</i>
Lead Homicide Investigator		Sexual Assault Trauma Informed Response
Sexual Assault Investigator Training		

This class is partially funded and certified by the Illinois Law Enforcement Training and Standards Board